



## News Release

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**FOR IMMEDIATE RELEASE**

### **MARCH IS NATIONAL NUTRITION MONTH**

*“Eat Right, Your Way, Every Day”*

EAU CLAIRE, Wis. – The Eau Claire City-County Health Department encourages you to join the Academy of Nutrition and Dietetics during National Nutrition Month to a campaign highlighting the importance of making informed food choices. This year’s theme, ***“Eat Right, Your Way, Every Day”***, encourages consumers to develop a healthful eating plan that incorporates individual food choices and preferences.

Initiated in 1973 as a week-long event, “National Nutrition Week” became a month-long observance in 1980 in response to growing public interest in nutrition. Additionally, to commemorate the dedication of registered dietitians (RDs) as advocates for advancing the nutritional health of Americans and people around the world, the second Wednesday of March has been designated “Registered Dietitian Day.” In 2013, RD Day is celebrated on March 13.

Here are a few ways to ***“Eat Right, Your Way, Every Day”*** from the food and nutrition experts at the Academy of Nutrition and Dietetics:

- **Eat breakfast!** There’s no better way to start your morning than with a healthy breakfast. Include lean protein, whole grains, fruits and vegetables. Try oatmeal cooked with low-fat milk, sliced almonds and berries, or top a toaster waffle with low-fat yogurt and fruit.
- **Get cooking:** Cooking at home can be healthy, rewarding and cost-effective. Resolve to learn some cooking and kitchen basics, like how to dice an onion or how to store herbs and spices. The collection of *How do I...* videos at [www.eatright.org/howdoi](http://www.eatright.org/howdoi) will get you started with new cooking ideas.
- **Make MyPlate your plate:** Fill half of your plate with your favorite fruits and vegetables; keep protein portions lean and about three ounces; make at least half of your grain choices whole grains; and be sure to include low-fat or fat-free dairy. More information about “MyPlate” is available online at [www.choosemyplate.gov](http://www.choosemyplate.gov)

In 2009, 28% of Eau Claire County adult residents were obese (BMI  $\geq 30$ ). “National Nutrition Month is a great time for everyone to take a look at their diet and make positive changes,” says Beth Draeger, Eau Claire City-County Health Department WIC Director.

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Visit the Academy of Nutrition and Dietetics' National Nutrition Month website ([www.eatright.org/nnm](http://www.eatright.org/nnm)) to find a variety of helpful tips, fun games, promotional tools and nutrition education resources, all designed to spread the message of good nutrition around the ***“Eat Right, Your Way, Every Day”*** theme.

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